

Challenge Negative Thoughts Cheat Sheet by kflores via cheatography.com/51107/cs/14024/

Ask Yourself...

Is there substantial evidence for my thought?

Is there evidence contrary to my thought?

Am I attempting to interpret this situation without all the evidence?

What would a friend think about this situation?

If I look at the situation positively, how is it different?

Will this matter a year from now? How about five years from now?



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